

Parting Words:



**Darlene
Theriault**

Time to say goodbye! My contract as Volunteer Recruitment Coordinator with Northumberland Food For Thought is ending.

Before leaving, I want to give heartfelt thanks to everyone who contributes to the many Student Nutrition Programs (SNPs) in Northumberland County. Whether you are school board staff, parents, grandparents, community members, service club members or local businesspeople, you make a difference every day in helping students succeed!

Your care and support shows in the formation of new SNPs, and the expansion of many existing ones. As a result, more students have the opportunity to start their school day well fed and ready to learn. I also want to thank Northumberland United Way for its support during my two-year tenure, which was funded by a grant from the Ontario Trillium Foundation (an agency of the Ontario government).



Northumberland Food For Thought is grateful to Darlene for all her hard work on behalf of our organization, and the schools and students in the county.

Cheese Please!

Cheese goes great with crackers, in sandwiches and on pizzas, and is an excellent finish as a casserole topping. Cheese is also a key ingredient in School Nutrition Programs in Northumberland County!

Cheese is part of the Milk and Alternatives food group in Canada's Food Guide. Getting enough of this food group is important, as it provides calcium, Vitamins A, D, and B12, riboflavin and other nutrients that are essential for healthy bones and teeth.

However, cheese also contains high amounts of sodium, which, if over consumed, has been shown to increase blood pressure. It is best to love cheese in moderation by using *Eating Well With Canada's Food Guide* and following the recommended number of daily servings of Milk and Alternatives.

In short, enjoy a variety of Milk and Alternatives every day, along with vegetables and fruit, to ensure you achieve overall health and well-being.

For more tips, visit www.canadasfoodguide.org and select the 'Choosing Foods' icon.



A Grand Donation!

Kawartha Credit Union in Cobourg is again supporting local school nutrition programs in the area.



From left to right, Credit Union Employee Tara Bailey and Branch Manager Dana Farrell present a \$1,000 cheque to Northumberland Food For Thought representatives Sarah Tsang (also a Registered Dietitian with the Health Unit) and Susan Greenwood.

Why I Volunteer With Student Nutrition Programs...

"I get great joy out of knowing that while I may not be a teacher or someone who works directly with kids, I help make a difference in students' lives every time they come through that school door."

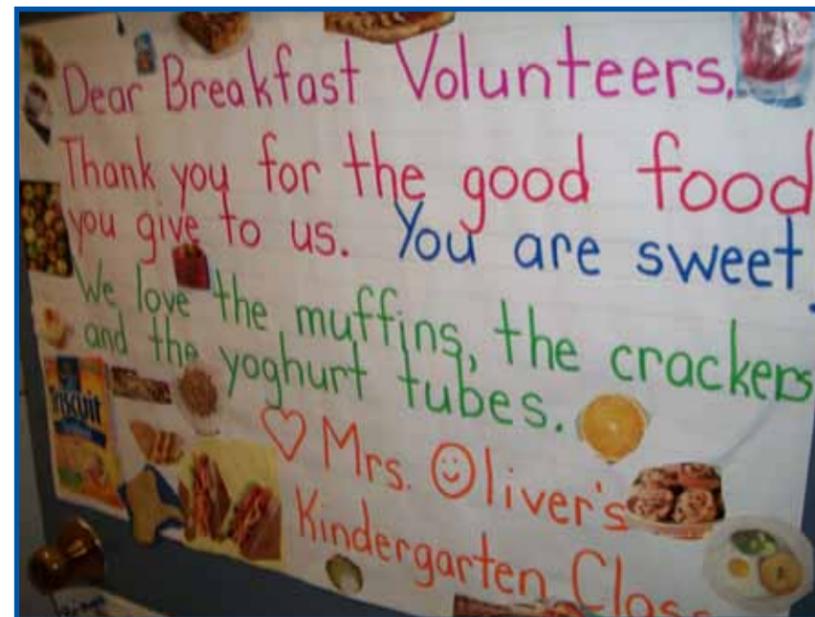
– School Custodian Volunteer

"The reason that I helped start the Nutrition Program at my school was specifically for three young students. Their family was clearly struggling, and as a result of that, almost daily the students came to school without having had breakfast, and usually without a lunch packed for them. It broke my heart...School ended in June, and I thought about that young family daily. I was always curious about why we did not have a Nutrition Program at our school, and I chalked it up to there not being a 'need' for one. Our family did not need one, so I never pursued an answer. But this small family made me realize that even one hungry child constitutes a 'need.' Well, we are a few months into the Student Nutrition Program, and on average, over 60% to 70% of the students participate daily. I am absolutely amazed at the support shown to this program...not only does it fulfill some basic needs of children, I hope that we, as parents, are modeling what it looks like to be good members of our community."

– Parent Volunteer

"I have been a volunteer at my children's school for over 10 years in many capacities. I thoroughly enjoy seeing and helping students whenever I come into the school. The school's Nutrition Program has been received very favourably and hopefully we will be able to continue to find volunteers so that we may carry on in future years."

– Parent Volunteer



A Fond Farewell



It is with a heavy heart that I bid farewell to Northumberland Food For Thought. For the past three years, I have had the privilege of being the Chairperson of an incredibly dynamic steering committee. While the members have very diverse backgrounds, they all share the common goal of ensuring the students of Northumberland County are well nourished and ready to learn. It has been an honour being part of this team and a learning experience that will benefit me for years to come.

Over the last few years, I have had the pleasure of visiting several schools and seeing first hand what a difference the nutrition program makes to the students. Not only are they receiving the fuel they need to start their day, students have the added benefit of socializing with their friends and teachers as well as interacting with enthusiastic and caring volunteers.

I have been so impressed by the generosity of the many community partners who recognize the need for the student nutrition programs and kindly provide funds and products to support its operation. Without their kindness, Northumberland Food For Thought would not have been able to grant the many requests we have received from individual schools. I have really been amazed by the success of the program and the commitment of the volunteers that report to the schools bright and early everyday. Volunteers that beyond doubt, truly achieve such great things despite the limited resources they have available.

To everyone involved, never underestimate the difference you are making!

Kimberly Leadbeater

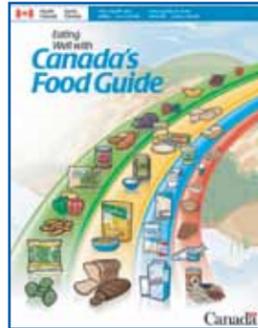
Size Matters... Especially for Food Portions

Portion sizes are increasing, and this can mean people eat more food in a day than what is recommended for them.

Portion size is the amount of food put on a plate and eaten in one sitting. It differs from a *serving* size, listed in *Eating Well With Canada's Food Guide* as how much of each food group people should eat in a day, based on their gender and age.

Depending on the food, your portion size may be equal to one or more servings. For example, if you eat a sandwich (one portion), you are eating two servings of Grain Products since each slice of bread is counted as one serving in *Canada's Food Guide*. Keep the difference between *portion* and *serving* sizes in mind when preparing food through the day. These tips can also help you watch portion sizes:

- Find out how much you need each day using Canada's Food Guide (www.canadasfoodguide.org) and try to stick with this amount of food.
- Put food on a plate rather than eating out of the container. You often eat more if you cannot judge the portion size.
- Use smaller, salad-size plates (and other smaller serving dishes) rather than large dinner plates. You will likely eat less!
- Try to get good at "eyeballing" food portions, and knowing how much is in a serving size. To help you practice, use measuring cups/spoons or a food scale.



Adapted with permission courtesy of EatRight Ontario. Contact an EatRight Ontario Registered Dietitian for free nutrition advice at 1-877-510-5102 or send an email at www.ontario.ca/eatright.

Northumberland Food For Thought produces this newsletter for its volunteers, supporters and residents in Northumberland County. For more about us and student nutrition programs in the area, contact:

Susan Greenwood: (905) 372-7863 or Susan_Greenwood@eagle.ca or visit www.studentnutritionprogram.ca/northumberland.html

Special thanks to the HKPR District Health Unit for the design of this newsletter.

Green Eggs and Hamwiches

Preparation time: Five minutes
Makes: Two sandwiches
To Start: Hard cook 2 eggs. Cut one ripe avocado in half and cut out or scrape out the flesh.

2	hard-cooked eggs
½	ripe avocado
2 tsp	mayonnaise
	salt & pepper to taste
2	thin slices ham
4	slices bread
	(whole wheat/multi-grain)

1. Peel the eggs.
2. Place one egg in the egg slicer and lower the top, slicing through it (or break up the eggs into small pieces with a knife).
3. Raise the top of the slicer and turn the egg on its side. Lower the top, slicing the egg into finer pieces.
4. Dump the sliced egg into a small mixing bowl.
5. Repeat steps 2-4 with the other egg.
6. Add in the avocado and mayonnaise.
7. Using a fork, mash the ingredients together into a chunky paste. Add salt and pepper as desired.
8. Spread the bread and ham slices out on the cutting board. Cut the centers out with your favourite cookie cutter.
9. Make the sandwiches by placing a ham cutout on a bread cutout, then spread on some egg salad. Top with a bread cutout.

KIDS' KORNER



Why do fish avoid the computer?
So they don't get caught in the Internet.

What did the cannibal order for take-out?
Pizza with everyone on it.

Northumberland Food For Thought



SPRING 2011

Saluting Their Support

Add it all up, and the work of volunteers and the financial support of local businesses for student nutrition programs in Northumberland County are beyond measure.



CHEESE PLEASE: Cameco recently donated \$5,000 to support the purchase of cheese products for local school nutrition programs. At Terry Fox Public School in Cobourg, some of the cheese products are displayed by (from left) school vice-principal Andrea Hunt-Schmoll, Doug Jensen, Manager of Cameco Fuel Manufacturing (Cobourg Plant), Sarah Tsang, a representative of *Northumberland Food For Thought*, and Mona Billing, a volunteer with the school breakfast program.

Northumberland Food For Thought estimates there are nearly 550 student and adult volunteers assisting with local nutrition programs during the 2010/11 school year. Combined, these volunteers are donating nearly 49,000 hours of time to ensure students are not distracted by hunger when they learn in class.

In addition, many local businesses and groups across Northumberland County are providing financial support to ensure students get the food they need to succeed in school. *Northumberland Food For Thought* would like to recognize the following organizations:

- Growing Together Team – St. Andrew's United Church, Grafton - \$750.22
- Kawartha Credit Union, Cobourg - \$1,000
- Northumberland and District ATV Riders - \$2,500
- MAZON Canada, Toronto - \$2,500
- Cameco Corporation, Port Hope - \$5,000
- Ontario Ministry of Children and Youth Services. \$ 58,188.12
- Ontario Trillium Foundation - \$50,800 (2009-2011)

County schools also receive donations and support from Parent Councils and smaller local businesses. *Northumberland Food For Thought* would be remiss if it did not acknowledge the Northumberland United Way for its continuing support, dedication and partnership in enhancing the lives of students in Northumberland County. Thanks to everyone who supports School Nutrition Programs in Northumberland County. Northumberland is a very generous community, and without you, these nutrition programs would not be possible! 🍏

Who We Are

Northumberland Food For Thought is a non-profit community partnership that helps to co-ordinate resources and assist student nutrition programs in Northumberland County.

Members include:

- Haliburton, Kawartha, Pine Ridge District Health Unit
- Kawartha Pine Ridge District School Board
- Peterborough, Victoria, Northumberland and Clarington Catholic District School Board
- Food 4 All Northumberland
- Northumberland Community and Social Services - Children's Services
- Weetabix North America
- Rebound Child and Youth Services
- Port Hope and District Chamber of Commerce
- Trent Hills Women's Network

and Community Supporters
Like You!